Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AARP Income Tax Assistance on Mondays beginning February 8, please call to schedule an appointment 301-834-8115 **7**	**1** Center Closed	**2** 9:00 Strength Tr 10:00 card Games 10:00 Wii Bowling 11:00 Shadow Art 11:45 Today's news 1:00 Who Am I? *Groundhog Day*	**3** 10:00 Card Games 11:30 BP Self-check 11:45 Today's News 12:45 BINGO	**4** 9:00 Strength Tr 11:30 Library 11:45 Today's News 1:00 Local Shopping 1:30 Coloring Pages 5:30 Trip to the Movie	**5** 10:00 – 2:00 Wal-Mart Shopping Charlestown, WV	**6** *Cabin Fever Day* February 26 Held at Frederick Senior Center 10:00-2:00
8 Center Open for Tax Appointments only *Chinese New Year*	**9** 9:00 Strength Tr 10:00 Wii Bowl 11:30 Church Luncheon 12:30 Trivia 5:30 Pancake Supper & Card Party *Mardi Gras*	**10** 9:30 card Games 10:30 Nurse STEVE "Dental Health" 12:45 BINGO	**11** 9:00 Strength Tr 11:00 What's Cooking Cherry Pie Bars 11:30 Library 11:45 Today's News 1:00 Local Shopping 1:30 Coloring Pages	**12** 9:30 Coffee, Hot Chocolate & Muffins 10:15 Card Games 12:00 Chef's Choice Lunch	*Department of Aging trips for February* *2/12 –Hershey Chocolate World* *2/19 – Meadowbrooke* **13**
14 *Valentine's Day*	**15** Center Open for Tax Appointments only *Presidents' Day (US)*	**16** 9:00 Strength Tr 10:00 Wii Bowl 11:00 Visit Frederick Senior Center/lunch 12:35 BINGO 2:00 Ice Cream Sundaes	**17** 10:00 Card Games 12:00 Lunch out with Friends	**18** 9:00 Strength Tr 11:45 Nutrition Minute "Whole Grains" 1:00 Local Shopping 1:30 Coloring Pages	**19** 10:15 Card Games 12:00 PIZZA & Salad	*Gourds* *For reservations or more details about trips please see trip flyer or call for more details 301-600-1605* **20**
21 Get your Yaktraks, join us on Tuesday!!!	**22** Center Open for Tax Appointments only	**23** 9:00 Strength Tr 10:00 Wii Bowl 11:00 Fall Prevention & YAKTRAK distribution w/Kitty 11:45 Today's news	**24** **BINGO DAY** 930 – 10:00 Light Breakfast served 10:30–11:30 BINGO 12:00 Birthday cake & Ice Cream 12:45 BINGO	**25** 9:00 Strength Tr 11:00 What's Cooking Peach Crisp 11:45 Today's News 1:00 Local Shopping 1:30 Coloring Pages	**26** *Cabin Fever Day* Brunswick Center Closed	**27** Cabin Fever-Tips on decluttering and finding gems in your home, do you have something to be appraised? Bring it along!
Brunswick Senior Center **28** "Where the finest people meet"	**29** Center Open for Tax Appointments only *Leap Day*		**FEBRUARY 2016** *Brunswick Senior Center*			